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Nutritious  
Delicious**



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# **ROOT VEGETABLE CATALOG**



# Storage



## 1. Remove the greens...

- Cut the tops off your vegetables, brush off any soil, but don't wash them. Water can lead to mildew and rotting.
- You can eat the tops of beets, turnips, radishes, and carrots!



## 2. Refrigeration

- They keep the longest at 32-40 degrees F and 95% humidity. At temperatures above 40 F, they start to sprout and decompose and when frozen, they begin to lose their flavor.
- Wrap the individual vegetables in a damp towel and place in the crisper drawer
- Don't forget the greens! The crops with edible greens can be stored the same way.



## 3. Alternatives

- Place unwashed vegetables in crates in a cool space like a cellar or basement that will not freeze.
- Pack everything upright in damp sand which helps to regulate humidity, extending its shelf life.

# Hot Tips!

## Make the most of your roots!

- Make vegetable stock!
- Replant them!
- Make your compost more rich in nutrients with the skins you don't use!

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## Quick pickle

1. Combine your root vegetables with sea salt, let sit for 30 mins.
2. Stir vinegar, sugar, and spices in a small pan over medium heat until sugar dissolves. Cool to room temp. Refrigerate until cold.
3. Drain liquid from salted veggies and rinse under water. Combine vegetables and vinegar mixture, cover, and refrigerate to pickle.



# Parsnip & Parmesan Souffle

## Ingredients:

2 LBS Parsnips, Peeled and Diced  
1/2 Cup Unsalted Butter  
1/2 Cup AP Flour  
2 Cups Whole Milk  
1/2 TSP Salt  
1/4 TSP Ground Nutmeg  
1/4 TSP Cayenne Pepper  
5 Eggs, Separated  
1/4 TSP Cream of Tartar  
1/2 Cup Parmesan Cheese, Grated

## Preparation:

- 1) Preheat the oven to 375°F. Grease a 2-quart souffle dish with butter.
- 2) Boil the parsnips in salted water until they are tender, about 10-15 minutes. Drain and mash them with a fork or potato masher.
- 3) In a saucepan, melt the butter over medium heat. Add the flour and whisk constantly for about 2-3 minutes until the mixture turns golden brown.
- 4) Gradually add the milk to the butter-flour mixture, whisking constantly to prevent lumps. Add the salt, nutmeg, and cayenne pepper. Cook for another 2-3 minutes until the mixture thickens.
- 5) Remove the pan from the heat and whisk in the mashed parsnips. Beat in the egg yolks one at a time until well combined.
- 6) In a separate bowl, beat the egg whites and cream of tartar with an electric mixer until stiff peaks form. Gently fold the egg whites into the parsnip mixture until no white streaks remain.
- 7) Pour the mixture into the prepared souffle dish and smooth the surface. Sprinkle the grated Parmesan cheese over the top of the souffle.
- 8) Bake for 35-40 minutes or until the souffle has risen and turned golden brown. Serve immediately.



Serves 4-6



Prep: 20 minutes

Cook: 45 minutes



# Candy Beet & Carrot Slaw with Coconut Dressing



Serves 6



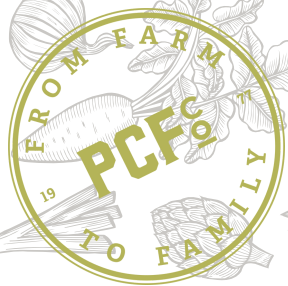
30 minutes

## Ingredients:

- 2 Candy Beets, Peeled and Shredded
- 3 Carrots, Peeled and Shredded
- ½ Cup Cashews, Roasted and Chopped
- ½ Cup Coconut Milk
- ¼ Rice Vinegar
- 3 TBL Tamari
- 1 TBL Maple Syrup
- 1 TBL Kosher Salt

## Preparation:

- 1) Preheat oven to 350F.
- 2) Heat a large sauté pan. Add olive oil to hot pan, then add onions. Season with salt and pepper. Once onions become translucent, add kale and garlic to pan. When kale is completely cooked, set mixture aside to cool.
- 3) In a large mixing bowl, add potatoes, kale/onion mixture, cream, 1 cup of gruyere cheese, and nutmeg. Evenly toss until all ingredients are thoroughly coated with cream.
- 4) Coat a 9x13 baking dish with butter. Add mixture to pan, being sure to evenly distribute. Top with remaining 1 cup of gruyere cheese and cover pan with aluminum foil.
- 5) Bake with cover for 1 hour. After 1 hour, pull foil off and continue to bake for an additional 20-25 minutes until potatoes are fork tender and cheese is brown.
- 6) Allow to rest for 15 minutes before serving.





# Root Veggie Fries with Herbed Greek Yogurt Dip

## Root Veggie Ingredients:

- 2 rutabagas, cut into 3/8" x 2" sticks
- 2 turnips, cut into 3/8" x 2" sticks
- 1/3 cup extra virgin olive oil
- 1 tbsp salt
- 1 tbsp black pepper

*Rutabagas and turnips can be substituted with celeriac, parsnip, carrot, and/or yams.*

## Preparation:

- 1) Toss rutabaga and turnip sticks with oil, salt, and pepper until thoroughly coated.
- 2) For oven or air fryer preparation, spread sticks evenly onto a sheet pan (for oven) or in two batches in air fryer. Cook at 375F for 15-20 minutes until golden brown.

## Herbed Yogurt Dip Ingredients:

- 12 oz plain greek yogurt
- 1/2 cup extra virgin olive oil
- 1 lemon, juiced
- 2 tbsp baby dill, chopped
- 2 tbsp Italian parsley, chopped
- 2 tbsp chives, chopped
- 1 tbsp salt

## Preparation:

- 1) Whisk all ingredients together in a medium mixing bowl. Voila!
- 2) Store in refrigerator for up to ten days.



**Serves 4**



**20 minutes**



# ROOT VEGETABLE AVAILABILITY



























































































Not Available    AZ, MI    CA    OR

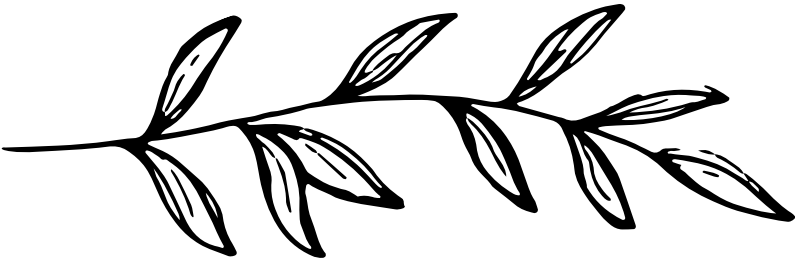
|                              | AUG           | SEP           | OCT           | NOV | DEC | JAN | FEB           | MAR           | APR | MAY | JUN           | JUL           |
|------------------------------|---------------|---------------|---------------|-----|-----|-----|---------------|---------------|-----|-----|---------------|---------------|
| Beet, Chioggia               | OR            | OR            | OR            | OR  | OR  | OR  | OR            | OR            | CA  | CA  | CA            | CA            |
| Beet, Gold                   | OR            | OR            | OR            | OR  | OR  | OR  | OR            | OR            | CA  | CA  | CA            | OR            |
| Beet, Red                    | OR            | OR            | OR            | OR  | OR  | OR  | OR            | OR            | CA  | CA  | CA            | OR            |
| Carrot, Organic Rainbow      | OR            | OR            | OR            | OR  | OR  | CA  | CA            | CA            | CA  | CA  | CA            | OR            |
| Carrot, Peeled Baby Rainbow  | CA            | CA            | CA            | CA  | CA  | CA  | CA            | CA            | CA  | CA  | CA            | CA            |
| Carrot, Peeled Baby with Top | CA            | CA            | CA            | CA  | CA  | CA  | CA            | CA            | CA  | CA  | CA            | CA            |
| Celery Root                  | OR            | OR            | OR            | OR  | OR  | OR  | OR            | CA            | CA  | CA  | CA            | CA            |
| Daikon, Purple               | CA            | CA            | CA            | CA  | CA  | CA  | CA            | CA            | CA  | CA  | CA            | CA            |
| Horseradish                  | Not Available | Not Available | Not Available | OR  | OR  | OR  | Not Available | Not Available | OR  | OR  | Not Available | Not Available |



# ROOT VEGETABLE AVAILABILITY

Not Available    AZ, MI    CA    OR

|                          | AUG                                                                               | SEP                                                                               | OCT                                                                               | NOV                                                                               | DEC                                                                               | JAN                                                                               | FEB                                                                               | MAR                                                                                | APR                                                                                 | MAY                                                                                 | JUN                                                                                 | JUL                                                                                 |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
|--------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
| Parsnip                  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Radish, French Breakfast |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Radish,                  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Watermelon               |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Turnip                   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |



# Beet, Chioggia

20269 | 25#

- Sometimes called the "Striped" or "Bullseye" beet for its fuchsia and red rings
- Chioggia beets are an Italian heirloom variety famous for their unique, brightly colored stripes. They come from the coastal town of Chioggia, Italy.
- Known to have one of the most robust earthy tastes among beet varieties
- Excellent source of manganese, folate, vitamin C, magnesium, potassium, and fiber.



# Beet, Gold

20248 | 25#

- The flesh is bright yellow to gold
- When raw, golden beets are crunchy but become smooth and tender when cooked
- Creamy, earthy sweet flavor
- Known to have the highest sugar content of any vegetable
- Pair well with cheeses such as goat, feta, and manchego
- Excellent source of folate, manganese, beta-carotene, and are a very good source of potassium, copper, and fiber





# Beet, Red

20262 | 25#

- Sweet, earthy flavor like spinach
- The flesh is deep crimson and is dense and crunchy
- When cooked, red beets get soft and tender
- The leafy stalks are edible with a similar taste to swiss chard
- Beets are a source of betaine, a type of antioxidant that's evident in its rich, red-colored roots



# Carrot, Peeled Baby with top

20470 | 5#

- Smaller sized peeled carrots with leaves attached
- Crunchy with a sweeter flavor than full grown, mature carrots



## Carrot, Peeled Baby Rainbow with top

20464 | 5#

- A mix of colorful carrots that are small in size, peeled, and have the stems and leaves attached
- Featuring red, yellow, purple, and orange
- Sweet, crisp flavor
- The tops have an herbaceous, parsley-like flavor



## Carrot, Organic Rainbow

20478 | 24CT

- Organic Rainbow Carrots are a mix of colorful carrots usually containing a mix of red, yellow, purple, and orange carrots





# Celery Root

20512 | 10/12CT

- Also known as Celeriac
- Crisp consistency that transforms into a smooth and tender texture when cooked, similar to the flesh of a cooked potato
- Nutty, earthy, and slightly sweet flavor with notes of celery and parsley
- Great source of vitamin K, C, fiber, phosphorus, and potassium



# Daikon, Purple

20726 | 10#

- This variety of daikon can be recognized by its bi-coloring that is a violet purple and bright white to pale violet on its interior
- Mild, peppery, and sweet flavor profile



# Horseradish

21205 | 1#

- Semi-rough skin that is covered in gnarled notches
- When crushed or ground it has a hot and pungent flavor
- Closely related to wasabi and mustard and most commonly used as a condiment



# Parsnip

22441 | 20#

- Closely related to carrots and parsley
- Creamy white flesh that has a sweet, nutty flavor sweet, nutty flavor
- Can be used any way that a potato can be used



# Radish, French Breakfast

22547 | 20#

- Milder and sweeter than the common radish
- The flavor can vary depending on the season but are milder in spring/autumn
- Both the greens and roots are edible



# Radish, Watermelon

25532 | 25#

- Sweet, peppery flavor
- You can avoid the spicy part by eating just the center where it is the sweetest
- Green and roots are edible
- Rich in antioxidants and minerals, reduce risk of diabetes, cancer, and cholesterol





# Rutabaga

22568 | 25#

- Purple-red rough skin and the flesh is yellow, firm and fine-grated
- Milder taste than turnips with some bitterness
- When cooked, rutabagas become sweeter and taste similar to potatoes
- High in antioxidants, fiber, and vitamins
- 



# Turnip

23070 | 3#

- Subtly sweet, slightly spicy taste when raw
- Mellow, earthy, nutty, and sweet flavor when cooked
- Crunchier and more dense than most root vegetables and they don't soften up after cooking
- Rich in calcium, phosphorus, potassium, sodium, and magnesium





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